



On the Table

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LETTER FROM THE EDITORS

Dear readers,

Welcome to On the Table, McGill University's 100% student-run culinary magazine. Our goal is to promote delicious yet easy cooking for all students and bring together people from different faculties. Our team is made up of 15 undergrad and grad students, with diverse interests but a common passion for food. Evelyn Eng created the club and the magazine during the summer of 2021. Agathe and I took over as editor-in-chiefs for its third printed volume.

We hope this edition is an opportunity for everyone to travel the world through food and discover many delicious cuisines. This volume showcases different recipes that will enhance your college meals. My interest in international cuisine led me to work closely with one of our photographers, Margaux Thomas. I took great pleasure in learning about Johann's Brazilian fishermen's soup recipe and Alex's guide to making Bao Buns. If you are an adventurous foodie, let the following pages transport your eyes and taste buds around the world!

This third volume also offers interesting insights into the social and historical impact of food. In the first article of this edition, we see how students eat and think about food while being conscious of its effects on climate change. One of our members reports his twenty-four hours of living, drinking, and eating like Winston Churchill. Lia Watson teaches you how to use your "ugly vegetables," while Olivia Turcas evaluates and ranks the best oat milk options in Montréal.

Thank you to SSMU for graciously funding this project.

We hope you enjoy reading this edition as much as we enjoyed making it happen,

See you next in April,

Sophie & Agathe

Editors-in-chief



Ecological Dietary Anxiety

While one out of five Canadians wants to reduce their meat intake, only six percent follow a vegetarian diet. An increasing number of studies show the value of vegetarian and vegan diets—including health benefits, fewer expenses on groceries, and an active fight against climate change. On September 23rd, I attended a strike against climate inaction along with 130,000 other students in Montreal. I interviewed some with questions regarding their possible new diets in response to the worsening climate crisis. *Thank you to all the interviewees.*





Many confessed that they do not follow a restrictive diet but carefully choose their products' origin: "I eat local. I try to favour dairy and vegetables from Québec. It helps the ecology and the economy," claims a young McGillian. Others have considerably decreased their meat and fish intake. From my conversations and experiences with fellow-students, we usually keep meat at arm's length because of our inability to afford or cook it. Nonetheless, removing meat—specifically beef—from our diets has been proven as one of the most effective ways to limit our CO2 emissions.

Some students advised me to buy in bulk in order to limit disposable plastic packaging. Additionally, buying long-shelf life items—pasta, rice, chocolate, canned foods—is incredibly cheaper in the long run! This is considered a favourable option for many living with three or more roommates. McGillians recommended Ségals, an in-bulk grocery store on St-Laurent (bring your own bags).

I also interviewed someone with a long-term commitment to the cause. A twenty-two-year-old McGillian revealed that she converted to vegetarianism when she was sixteen: "that's the first time it clicked! I have to do something about climate change. It starts with me. And obviously, I was right or else I wouldn't be at a climate inaction strike." She did not recommend any meat alternatives; she stated that such products are made by "capitalist companies making money off of genuinely terrified people like me." By the end of my discussions, I asked a somewhat provocative question: "Do you believe that encouraging actions at the individual level reduces the responsibility of governments and transnationals?" Unanimously, all participants answered that they were striking against climate inaction at the governmental level: "This is not a protest against non-vegans. I take action at the individual level to ease my ecological anxiety. It helps me grow an ecological consciousness. When you make efforts to stop eating meat, it makes you angry that the government elected by you makes no effort to slow down climate catastrophe," stated a frustrated McGill activist.

If you are looking to actively and pleasantly transfer to a greener and more sustainable diet, you are in luck! Next semester, On The Table's team, is starting a new vegetarian and vegan section. We hope to shed light on Montreal's best, most affordable, and tastiest vegan and vegetarian options, all while offering our own recipes and tested alternatives. Stay tuned!

ARTICLE BY AGATHE NOLLA
PHOTOS BY MARGAUX THOMAS

TUNA STEAK & ARUGULA SALAD

Ever wondered how to make tuna a sexy dish? This quick and healthy recipe makes a great lunch that will keep you nice and full until dinner time.



recipe by Sophie Baracos

STEPS:

1. Take the tuna filet out of your fridge 10 minutes before you plan to use it so that it can cook a bit faster. Sprinkle one side of the filet with the Montreal Steak Spices.
2. Place the coated filet in a hot pan on medium-high heat with a bit of olive oil and sear each side until crispy (5min each side and cover for 2min at the end on low heat). This should keep the tuna a little rare in the middle, so cook for a bit longer if desired.
3. While the tuna cooks, wash the arugula and chop the onions, cucumbers and tomatoes and put all those ingredients in a bowl. Add in the olive oil, pomegranate molasse, balsamic, salt & pepper and sumac and mix everything.
4. Once the tuna is cooked, place it to the side and slice it into thick strips. Squeeze the lemon juice on top.
5. To make all of this look sexy, place the salad first and put the tuna steak slices on top. Enjoy!

- 1 raw tuna filet
- 1 teaspoon of Montreal Steak Spices
- the juice of half a lemon
- olive oil for the pan

Ingredients for the salad:

- arugula
- 1/4 of a red onion
- 1/2 cup of cherry tomatoes
- 1 persian cucumber
- feta, as much as you like
- 1 tablespoon of olive oil
- 1 tablespoon of Balsamic Vinegar
- 1 teaspoon pomegranate molasse
- 1 teaspoon of sumac
- salt and pepper

UGLY VEGETABLES

ARTICLE BY LIA WATSON

I have a dirty little secret, and I think it's time I confess. Every week, I buy myself a bounty of beautiful vegetables, picking them from the shelves with the same joy as a woman buying diamonds, with the best intentions of making them into something delicious. And every week, seemingly without fail, those once-perfect veggies descend into sad, decrepit versions of themselves as I watch and do nothing to help them.

So, in the interest of potentially helping anyone who has the same weekly routine and keeping them from wasting perfectly viable (albeit unattractive) food, I want to share a "recipe" that is a go-to for me when the population of mushy, wrinkled, and/or shrunken veggies in my house gets a little overwhelming. The basic philosophy here is that anything doused in olive oil and salt, and roasted to perfection, will come out delicious. Likewise, if everything is in chunks, there's simply no way to tell if you (allegedly) cut off that one mouldy bit.



This is much less a recipe than it is a list of suggestions to help you feed yourself with whatever you have in your kitchen and make a delicious, balanced meal while reducing your food waste, all at the same time. Three cheers for resourcefulness and creativity!

This week, I opened my refrigerator drawer to find the following suspects staring back at me:

- One (1) eggplant with some questionable brown patches
- Two (2) kohlrabi bulbs that, when poked, gave zero resistance (not a good sign)
- One (1) bunch of the floppiest rainbow-ish carrots I have ever laid eyes on
- One (1) orange pepper showing some definite shrinkage
- One (1) bunch of wilted (and yet also crispy) scallions

Along with two onions (because everything should have onions) and some wrinkly old potatoes from the pantry, I made a meal so good I went back for seconds and had it for lunch the next day. Here's your map to reach that delicious destination

1. Start by pulling out everything from your fridge you've been averting your gaze from for the last week - including things that you aren't going to roast (they'll have their place, don't worry). That means every vegetable, fruit, herb, paste, sauce, etc.
2. Clean up the things that need it. Give all your manky stuff a good rinse and dry, peeling off any leaves or stems that are too far gone for the compost - think wilted carrot tops or slimy scallion layers. Looking better already!
3. Choose which things will be treated in which way. Here are my recommendations.

To be roasted:

- Root vegetables (potatoes, carrots, yams, parsnips, etc.)
- Brassicas (the broccoli family, including cauliflower, kohlrabi, and brussels sprouts)
- Eggplants and zucchini (their foaminess soaks up oil and salt beautifully)
- Anything with natural sweetness (onions and garlic, fennel, bell peppers, tomatoes)

Cut into similar-sized chunks (about one-inch). Toss with more olive oil than you think, salt and spices or herbs to taste. Roast on a parchment paper-lined baking sheet in an oven preheated to around 375 °F until they're tender, caramelized, and much smaller than they were - about 30 minutes, stirring part way through. Timing will depend on the size and type of your veggies and the nuances of your particular oven, so keep an eye on 'em!

Things that like being pickled:

- Onions and shallots
- Cucumbers
- Carrots
- Fennel
- Cabbage

Thinly slice your produce with a knife, or make ribbons with a veggie peeler. Make enough "brine" to mostly submerge your veggies by mixing vinegar (plain old white vinegar is best!) and hot water in a 1:1 ratio. If you feel like it, a teaspoon of both sugar and salt rounds out the flavour of the brine (you can also add other aromatics here if you choose, but I like to keep mine simple to maximize versatility!). Let the veggies bathe and relax on your counter while you make the rest of your dinner, and make sure to keep the leftover brine for future dressings, sauces, or a new batch of pickled veg.

Things that like staying fresh:

- Lettuce and greens
- Anything with some crunch (peppers, cucumber, etc.)
- Scallions (the perfect garnish)
- Anything still in its prime!

These are pretty self-explanatory, but try to use your nicer stuff as the raw component because it has to stand on its own. With that being said, a little wilted lettuce or soft bell pepper won't kill you! Lots of things that don't look perfect will still taste delicious.

4. Choose the base of your bowl. I used (my roommate's) quinoa (which has the added bonus of nutty flavour and protein) but rice, couscous, or any ancient grain would be awesome. Pro tip - when cooking something like quinoa or farro, try using chicken stock as a replacement for some or all of the liquid for a base with deeper flavour, or mix in some finely chopped herbs once it's done cooking!
5. Make your dressing. Let your imagination run wild, and use what you have! For me this week, that meant olive oil, balsamic vinegar, the juice from an ancient half-lemon, brown sugar, salt and garlic paste. The only thing to keep in mind is balancing your flavours - you want something salty, something sweet, something acidic, and something fatty, along with your aromatics. Below you'll find a short list of things that would play those parts perfectly.

Salty

- Salt , obviously
- Soy sauce or tamari
- Miso paste
- Anchovy paste

Acidic

- Vinegar (c.f. point 3) – balsamic, rice, red wine, apple cider
- Citrus juice
- Pickle brine – keep in mind that brine is usually seasoned; taste as you go, and don't oversalt!

Sweet

- White or brown sugar (duh pt. 2)
- Honey
- Maple syrup
- Applesauce
- Orange juice

Aromatic

- Mustard– dijon, grainy, and yellow- mustard is a great emulsifier, combining your oil and vinegar for a homogenous dressing.
- Herbs, fresh or dried (great way to use up wilted herbs!)
- Spices
- Capers (my personal favourite)
- Garlic and/or ginger paste
- Minced onion or shallot
- Harissa
- Preserved things (such as artichoke hearts, roasted peppers, pickles)
- Citrus zest

Fatty

- Any type of oil, but olive is my favourite
- Plain yogurt or sour cream
- Mayonaisse

Mix together your something acidic and something fatty in a ratio of 1:1.5 - 1:2, depending on how tart you like your dressing. Season with your salty and sweet things before adding your aromatic ingredients - play around with different combinations, and taste as you go! Miso, garlic, and ginger are a classic combination. Harissa and lemon with capers would be delightful. Maple syrup and Dijon mustard? Yes! Pickle brine, yogurt, wilted herbs and garlic? Of course! Truly, do whatever you want.

Assemble your bowl. There's no real technique here, but I personally make it a point to 1. Spoon some dressing over my grains before adding the rest of my toppings to ensure flavour all the way through, and 2. Try my best to make the bowl look appealing - you've worked very hard, and you deserve to eat something as beautiful as it is delicious. Finish off with some more dressing over the top.

Enjoy. You've made it to the final destination, and I think you're really going to like it



MOQUECA FISHERMAN'S STEW

This is a pretty simple coconut fish stew from Brazil. The legend I was told growing up was that fishermen cooked it on their boats with their freshly caught fish. I don't particularly care, it's a good stew.

The quantity of ingredients are... complicated, as it depends on the size of your pot, it's the only limiting factor, consider this more of a technique than a recipe. There are a lot of traditional ingredients you cannot get here in MTL, I put adequate replacements in parenthesis even if it won't taste like the traditional one, it's still good though!



recipe by Johann Pacheco-Veissiere

Ingredients you need:

- 5 Onions
- 5 Tomatoes
- 3 Tablespoons Tomato paste
- 5 Tablespoons Red palm oil (olive or coconut is fine)
- 2 Teaspoons Annatto powder (Smoked paprika is good, not even close in taste, but nothing is)
- Black pepper to taste
- 4 tablespoons Dried shrimp (optional)
- One bunch of cilantro (not optional)
- 4-6 white fish filets (tilapia or cod is cheap, and works great)
- 2 teaspoons coriander seeds (optional)
- 1 can of coconut milk
- Three bay leaves
- As much garlic as you can bear

How to do it

1. Alright, so it's remarkably simple to make. Put half the oil in the bottom of the pan, cut onions into rings, and place them in a single layer. Then add a layer of tomatoes cut into rings on top of the onions, then add a layer of the fish filets on top of that. Add a couple of squeezes of tomato paste, season with your salt and spices, add the dried shrimp if using. Then repeat each step like you're making a lasagna, until the pot is full, and try and make the fish your last layer.
2. When you're content with the quantities, add coconut milk until about 2/3rds of the layers are covered, and finish with water until it nearly covers the last layer, then add your bay leaves.
3. Simmer on medium heat until the fish and veg are to your liking, and the tomato paste has dissolved into the coconut, turning the whole dish a pleasant shade of orange.
4. When you think it's done, throw in as much cilantro and freshly fine-minced garlic as you can bear. Cover and let cool. Serve with a side of long grain rice.



*recipe by Sophie Baracos
photo by Margaux Thomas*

POULET À LA CRÈME

"Everyone loves this dish. I have never gotten any complaints making this, it is simply that good! Another French classic that can easily be done in no time"

INGREDIENTS:

- 2 chicken breasts approx. 450g
- ½ a big onion
- 1 cup Mushrooms
- 1 tablespoon of olive oil
- 2 garlic cloves minced
- ½ cup cooking creme 15%
- The zest and juice of half a lemon
- 2 tablespoons dried rosemary
- 2 tablespoons of thyme
- Salt and pepper

STEPS:

1. Wash your mushrooms and cut them into quarters. Chop the onion into little cubes. Slice the chicken into strips.
2. Cook the chicken strips and the onions with the olive oil until golden and seared. 10 to 15min
3. Add the mushrooms, minced garlic, lemon zest, dried rosemary, thyme. Cook for 2 minutes then add the cream. Stir and let the cream thicken, for 5min.
4. Turn off the heat and squeeze the lemon juice. Give it a final stir. Et voila!

This delicious and healthy traditional French dish is simply a must. The recipe you find here is the real deal. I am sorry to break it to you guys, but the Ratatouille made by Remy in Ratatouille is not actually Ratatouille but Confit Byaldi! Ratatouille is a great accompaniment to grilled fish or meat. It also works well as a nice pasta sauce and is even delicious cold. In less than 30min you will be transported to a beautiful bistro in the heart of a charming village in Provence. **Bon appetit!**

Sophie Baracos & Margaux Thomas



INGREDIENTS:

- 2 zucchinis
- 2 medium eggplants
- 1 bell pepper
- ½ an onion
- 3 garlic cloves or more
- 1 cup of olive oil
- 1 can of thick tomato sauce or crushed tomatoes (approx. 398 ml), I recommend Mutti's Polpa Finely Chopped Tomatoes
- Salt & pepper to taste
- 2 tablespoons of Herbes de Provence or thyme or fresh basil



30 minutes



2 servings


STEPS:

1. Clean all the vegetables. Cut the eggplants into square pieces, not too thick but not too thin either, and fry them in half of the olive oil until fairly tender. Use a large pot to avoid splashing hot oil everywhere. Take out the eggplant pieces and place them on a paper-towel-covered plate.
2. While the eggplant is cooking chop the onion into small pieces and the zucchini into squares about the same size as your eggplant. Chop the bell peppers into small cubes.
3. In the same pan you fried the eggplant, throw in the onion, the zucchini, and bell pepper with the rest of the oil. Cook all until tender. Then, add the crushed tomatoes, garlic, Herbes de Provence, and salt and pepper to taste.
4. Add the eggplant you put aside and cook everything together for 15 min with the lid on.
Et voila!

SPAGHETTI CON ZUCCHINE

*Not sure what to make
to impress your date?*

This is it. This light scrumptious
pasta dish will impress that
special person you got over for
dinner and not leave you
bloated.

 20 minutes

 2 servings

INGREDIENTS:

- 200g of Linguine pasta, I recommend the brand De Cecco the highest quality of pasta you can find in supermarkets
- 1 big zucchini coarsely grated
- 1/2 an onion thinly diced
- 2 garlic cloves, crushed
- 1/4 of a cup of pine nuts
- Zest of half a lemon
- 1/3 of a cup of grated parmesan cheese
- Red chili flakes to taste
- 3 tablespoons Olive oil
- Salt and Pepper
- Fresh basil for decoration



In a large pot, bring enough water to cover 250g of pasta and let it boil. Salt your boiling water and cook the pasta al dente following package instructions.

While the water boils or the pasta cooks, coarsely grate your zucchini. Then, place the grated zucchini pieces in between two sheets of paper towel or a towel and squeeze all the moisture out of the zucchini. Do this above your sink.

In a pan, cook the grated zucchini and onion with the olive oil for 5min until all the moisture is out and the zucchini pieces and onion are transparent and soft. Set aside.

In the now-emptied pan, warm up your pine nuts until lightly toasted (be careful, they burn very easily, so watch them). Then, add the zucchini, onion, garlic, chili flakes, salt, and p, and lemon zest and let all the ingredients get acquainted for 2-3min.

Add your drained pasta to the zucchini mixture and add the parmesan. Buon appetito!

RECIPE BY SOPHIE BARACOS
PICTURE BY MARGAUX THOMAS

SWEET POTATO GNOCCHI



the more hands you get, the better!

This gnocchi recipe is the kind of recipe that is best done with a few people, so call a gnocchi night with your roommates, your siblings or anyone you want.

The sauce that will accompany the gnocchi is one amongst MANY sauces you can add, so don't hesitate to add your own favorite pasta sauce to it.

Ingredients: (for the gnocchi)

- About 2 ½ cups of all-purpose flour (more may be added later)
- 1 egg
- ½ a butternut squash
- ½ a sweet potato
- Salt and pepper
- Nutmeg

Ingredients: (for the sauce)

- Salted butter
- 1 clove of garlic
- Rosemary and/or sage
- 2 tomatoes
- 2 scoops of ricotta cheese
- Basil (fresh is better, but up to you)
- ½ an onion
- Olive oil, salt & pepper



Steps: (for the gnocchi)

- Start by cutting in roughly small pieces your butternut squash and sweet potato and add it to a saucepan. Cover everything with water and add it to a boil. Leave it for about 20-30 min – or until your pieces are soft and can get mashed into a puree.
- Drain and mash the pieces, either in a food processor or simply with a heavy glass if you're cheap like me!
- Mix the egg with the puree and spread 1/3 cup of flour on your clean work surface. Then you can slowly start adding flour. Keep going until you get a loose sticky dough. It needs to feel like it's almost too soft to pick up as a whole piece but with a coat of flour on it.
- Once your dough is done, use the many hands you've got. Take a fork and roll a small ball of dough along the back of the fork (like in the picture)
- Finally, boil the gnocchi briefly, until they float to the surface of the water.
- Start by sautéing the gnocchi in salted butter, garlic and your herbs, only then can you add it to your sauce.
- Dice the tomatoes, onion, garlic and brown them in a saucepan with olive oil. Add in your ricotta, your herbs, salt & pepper.
- Add your sauce to your previously sautéed gnocchi, and serve warm :)



4 servings

RECIPE & PHOTOGRAPHY BY
MARGAUX THOMAS



RECIPE BY ALEX CHAN

My Chinese name is Yook Ying. In Cantonese, ‘Yook’ is a homonym for meat, which my family found very fitting as I was such a carnivorous child. You can imagine their disappointment when I said I wanted to go vegetarian in high school. To this day, my grandma will occasionally try to stick a slab of roasted pork or Peking duck on my plate at dinner ‘by accident.’ But she does it out of love, so it’s okay. When I first went vegetarian, dinner was hard. I had to sit next to my sisters as they devoured the chau siu and cuttlefish I grew up eating while I sat there picking at the bland, limp tofu my mom had so kindly made for me. But as I got more well-versed in vegetarian cooking, I realized I didn’t have to miss out on much. Throughout the years, I have compiled a list of veganized Asian dishes I grew up with. I introduce to you the veggie-fied bao bun.

Bao buns are the perfect dinner party food because they can act as a main course and double as a dessert. Baozi and Mantou are two different types of steamed buns. Baozi’s are typically stuffed with fillings, whereas Mantou is served plain (sometimes deep-fried). Mantou is best served with sweetened condensed milk, making them the perfect vehicle for dessert. The buns are easy to make, but they require a steamer to steam them in, so you get that perfect fluffy texture. Baos are so versatile, and you can stuff them with whatever toppings and fillings your heart desires!



INGREDIENTS:

Bao bun

- 2 cups all-purpose flour
- 1 teaspoon instant yeast
- 1 teaspoon baking powder
- 2 teaspoons of sugar
- Pinch of salt
- 3/4 cold oat milk
- Vegetable oil for brushing

Toppings

- Pickled carrots, daikon or onions
- Sticky glazed tofu
- Mushrooms
- Sliced cucumber
- Cilantro
- Hoisin sauce
- Spicy mayo
- Scallions
- Sesame seeds

STEPS:

1. Combine flour, yeast, baking powder, sugar and salt in a mixing bowl. Slowly pour the milk in while using a spatula to mix it with the flour mixture. Once the liquid is combined, use your hands to knead the dough for about 10 minutes until the dough forms a smooth ball.
2. Cover the bowl with plastic wrap or a towel and let rest for 10 minutes
3. After 10 minutes, knead the dough with your hands for another minute until smooth. Cover with plastic wrap and let the dough rest for about an hour until it has doubled in size
4. While the dough is rising, cut up 10 pieces of square parchment paper to hold the buns while steaming
5. Once the dough has doubled in size, punch it down gently to release the air bubbles. Knead for one minute.
6. Cut the dough in half and then further divide it into 5 pieces (you have 10 balls of dough)
7. Work on one dough ball at a time to form into a ball by pinching the loose ends into the base until taut and round.
8. Use a rolling pin to roll each ball into a thick oval that is twice as long as it is wide.
9. Brush the top of the oval dough with a thin layer of oil, fold the oval in half, and place it on the square parchment paper.
10. Place the buns in the bamboo steamer, leaving at least one inch between the buns. Cover and rise for another 15-30 minutes or until the size is 1.5 times bigger.
11. Prepare the steamer by adding water to the base of the steamer or a pot to put the bamboo steamer on top. Place the steamer with the buns on top of the pot and cook covered over medium heat until steam starts coming out of the pot, then turn to medium-low heat. Steam for another 10 minutes
12. After 10 minutes, turn the heat off but leave the lid on for another 5 minutes, making sure not to open the lid so that the buns do not deflate.
13. Let the buns cool, and then fill them with your favourite toppings. Enjoy!

Za'atar Tomato Tarte

Tomato and feta have always been a powerful combination, happily marrying two very Mediterranean ingredients. The tomato-feta pasta sauce craze on TikTok is a testament to that. My recipe, however, adds another Mediterranean ingredient. It turns out that tomato and feta are in an open relationship.

Za'atar is a blend of dried thyme, sesame seeds, salt, sumac and other spices, primarily enjoyed in the Levantine region of the Mediterranean. Za'atar is usually enjoyed mixed with a generous amount of olive oil and spread on flatbread or sprinkled on top of hummus or labneh (a type of strained yogurt) as a condiment.



Ingredients:

- A box of ready-made puff pastry
- 250 g of feta cheese
- 4-6 tomatoes, preferably Roma tomatoes, for their firmer texture
- 2-3 garlic cloves
- 3 tablespoons of olive oil
- 2-3 heaping tablespoons of za'atar
- Some dried thyme and olive oil

Small guide to za'atar blends:

The Jordanian blend is considered the “default” blend of za'atar, with a rather mellow and rounder taste than other blends. The Lebanese blend has a higher portion of sumac, making it darker and redder with stronger acid notes. The Syrian blend characterizes itself by adding cumin, giving it a browner coloration and a very different flavour profile. Palestinian blend is more herbaceous, strongly emphasizing the thyme. Sometimes, the sumac is replaced with caraway seeds.



RECIPE BY LAURA JAHCHAN

How to make it:

First, crush the garlic with a bit of salt and mix it with the olive oil. Let it sit for a few minutes, allowing the garlic to infuse in the oil. Meanwhile, crumble your feta in a large bowl with a fork or using your fingers. Add in the oil-garlic, the za'atar and mix it all together. Cut the tomatoes into thin slices. Place your puff pastry in a pan, spread the feta mix and arrange the tomato slices on top of it. Sprinkle the dried thyme and a bit of olive over the tomatoes. Bake at 190 C (or 375 F) for around 15-20 minutes. Let it cool for 5-10 minutes and then serve immediately.

Oat Milk Medley

by OLIVIA TURCAS

My oat milk journey began when I felt a little adventurous on my grocery run: I bought a discounted jug of oat milk, thinking that I was brave enough to try something new. I had my share of almond and soy milk for breakfast, but adding oat milk to oatmeal? Why not? It didn't taste any different, so I needed another challenge. Next on my to-do list: coffee with oat milk.

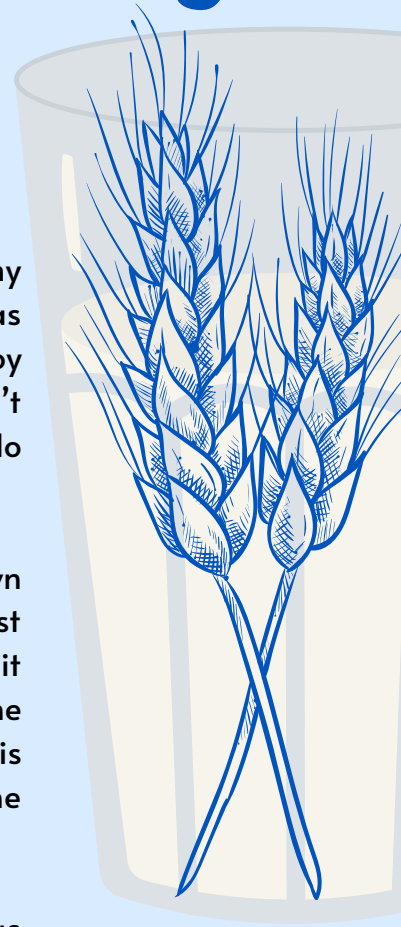
Initially looking for recommended brands, I kept scrolling down #oatmilk tags on my socials. Apparently, creators on TikTok blacklist oat milk. Those advocating for their “gut health” forgo consuming it because of its sugar and oil contents. On the flipside, other online nutritionists and activists praise it as the better alternative: it is certainly more sustainable than the CO2 emissions of cow milk or the water supplies used for almond milk.

I am no health expert, scientist, or alt-milk connoisseur, just a curious student: I chose to investigate and make my own tally.

Sugary Cereal Soup

Oat milk is made of oats: oats are made of carbohydrates. In the process of making oat milk, these carbs are broken down to a simpler form—sugar. Enzymes are added to oats and water to break the carbs into more manageable molecules. Some brands grind the oats before the enzymes, others grind the mixture after the enzymes. In both cases, the enzymes are extracted and do not appear on the carton: they are just a technology that refines the oats until they acquire a milk-like texture.

The same process happens through our digestion: all carbs are broken down into sugar by enzymes in our saliva and intestines. We also break down oats into sugar, but it takes a longer time to absorb. On paper, this bottled oat juice contains more sugar than just plain oats or oatmeal. This, however, does not mean it is detrimental to our health. Some brands add gums, oils, and flavors: do not be alarmed to find these in your oat milk, most manufactured products have these additives. Everything needs to be transformed to have a shelf-life. And anything can be consumed with moderation. Other oat milk options are also fortified with vitamins and calcium if used to replace dairy.



Scores

I came into this experiment with a fear of oat milk. Partial to black coffee, adding oat milk to my 3pm caffeine boost felt daunting.

What about oat milk is so avant-garde? The price point, perhaps. Oat milk is charged as an extra in most coffee shops. Walking around with my seven-dollar oat milk latte felt like a luxury in this economy.

Oatly Barista

is a packaged field: imagine *The Gleaners* by Jean-Francois Millet, a nineteenth-century painting with yellow undertones of women picking up grain remains. Why is it so coarse, as if the oats had just been juiced and poured in my coffee? While some may like to taste this earthiness, I thought it lacked smoothness—or more precisely, it was not enjoyable. 2/5

Natura's Oat Milk

is a budget friendly version. I think it tastes great in oatmeal, but it fails in coffee. I had to dump my cup because it did just not taste right—not rich, not creamy, not formulated for coffee. 2/5

Minor Figures

tastes like its name: a minor note of oats, a bit watery, almond-like flavor; a minor feat, if not forgettable. The aesthetic carton with minimalistic cartoons appeals to the concept: this is an oat milk for a laid-back taste. I recommend it if you are looking for a milk that does not explicitly reveal its oat origins. 3/5

Earth's Own Barista Oat Milk

Their recent ad campaign caught my eye in Montreal. There were banners displaying a coffee with the Barista oat milk tagged “ma blonde” and a frothy, nondescript cappuccino liquid labeled “mon chum” (so much for associating genders to alt-milks). Despite its dubious ad message, this milk is salty. Complaints about the added oils—in this case, sunflower oil—apply. Yet, this milk has the most beautiful foam: that oil is necessary for texture in this case. 3/5

Vege All Oat Milk

Homemade recipes are also accessible for those who want to cut down on the additives: blend water, oats, dates, salt, cinnamon in a mixer and strain with a cheesecloth. I did try a brand that mimicked this concept: Vege All Oat Milk prides itself for its only two ingredients: water and oats. Imported from Spain, the carton advertises itself as “foameable”—spoiler alert: it does not foam. It tastes a lot better than other brands though; a bit watery but it has a kind of milkiness that is pleasant. If anything, this oat plus water mix has more sugar than the barista brands, implying that oats are naturally sweet. On the flipside, because of its lack of additives, Vege All only has a three-day fridge life (trust me, it turned sour). 3/5

Oat for Thought

After testing other milk alternatives, I have gained a soft spot for macadamia. In another dimension or alternative world in which I regularly need an alternative milk, macadamia tastes like a nutty, hazelnut syrup treat. Yet, this entire experiment leaves me divided about the nature of alternative milks and my own purchasing power.

As a non-vegetarian/non-vegan, I am not skeptical about the ecological benefits of a plant-based diet. Instead, I am curious about the rise of plant-based products. What is really “sustainable”? How is “low-emission” calculated? And how did the label “plant-based” become synonymous with our fight against the climate crisis? How do we know that food multinationals are not labeling their products as “vegan” and “plant-based” to follow trends? This oddly recalls products marketed as “gluten free” even though they had any contact with wheat. No matter where oats are sourced, they are produced through industrialized harvesting, if not pesticides in less regulated countries. Farming is exploitative in our global food system: fields lack the conditions and biodiversity that would make an alternative milk an ecological choice.

Oatly has developed a media image to what the future of alternative milks: the brand has a quirky website with ironic non-descriptions (feigning that their copyeditors got bored), paired with witty interactions on Instagram. Pretending coolness by foregoing the usual marketing rules, the people behind Oatly actively try to promote the brand as a movement towards a food revolution. Yet, their pledge to replace cow milk products from schools is oddly drastic: why intervene in kids’ nutrition when there are other issues to attend to? —like Oatly’s problematic partnership with a German gas station chain. How do we differentiate sustainable products from capitalist ventures?

Our entire food system and sourcing must change for us to have a considerable impact against climate change. How do we shift our manufacturing processes and industrialized farming towards biodiversity and ethical sourcing? I don’t intend to challenge the current narrative: alternative milks exist because there is a market and necessity for them. Oat milk, like any other product, can be good and should be enjoyed. With this being said, here are a few recipes that use oat milk if, like me, you would still want to experiment with oats beyond coffee:

OATMILK

chia pudding

Easiest sweet but healthy breakfast/dessert option.

INGREDIENTS:

- 1/2 cup of oat milk
- 2 tablespoons of chia seeds
- Honey or maple syrup
- Vanilla extract (optional)
- Toppings like mango or any fruit you like



overnight ⌚

1 serving 🍴



STEPS:

1. Add all the ingredients to a jar, and mix well by shaking the jar.
2. Leave overnight in the fridge
3. In the morning, add your toppings and enjoy!

CHURCHILL DAY

JPV & Lysette Umwalli

7:15 AM. I AWAKE. AND IMMEDIATELY DO SOMETHING CHURCHILL NEVER WOULD: **COMMUTE.**



Before I begin, let me explain the premises of my historical experiment. A few months ago, my friend and I had an idea: drink, eat, and live as Winston Churchill did, for one day.

For those unaware, British politician Winston Churchill was a massive alcoholic and managed to lead the largest empire on earth through a war despite being drunk or hungover for the vast majority of his life. Beyond the drinking, Churchill also ate stupendous amounts of food, smoked cigars almost continuously, vehemently opposed the notion of exercise (or any mildly physically strenuous activity), and somehow lived to the ripe old age of ninety.

To everybody I knew, the idea seemed ridiculous.

Ridiculous as it was, no one ever tried to stop us. In fact, we were mostly encouraged. We received constant barrages of suggestions, anecdotes about Winston Churchill, and requests to join us in the experience. On one occasion, we even received genuine Cuban cigars to smoke during the experience.

In the end, we ended up with the following. Drink as Winston would on a normal day. We would eat as he would on a normal day. Smoke some cigars (as many as Churchill would've been economically unfeasible for undergraduates). Dress as he did, and do all of that while still attending lectures and working as we would on a normal day. If Churchill could day-drink, defeat Hitler, and run an empire, we should be able to day-drink, attend lectures, and run our own lives.



VANILLA

- Anthropology and Political Science
- Co-conceiver of the article
- Frenchie



Chocolate

- Electrical Engineering
- The mere idea that he would live as Winston did would be profoundly offensive to Winston himself.
- Mauritius



COFFEE

- Cognitive Science, Religious Studies, and Philosophy
- Yours Truly
- Brazilian



CLEMENTINE

- Psychology
- Sober participant making sure we don't do anything stupid.
- Polish

After commuting to Chocolate's house, I could finally begin to be Winston. The moment I put on my suit, I was no longer just another student. I was an aristocrat. I was superior to most simply through my origins. Unlike Winston, I was not a descendant of nobility, but today, I would be.

8:00 AM. Our first drink, a scotch and soda — or as Winston called it, his “mouthwash” — an essential part of his mornings. He would remain in bed and read the newspapers while his servants brought him his first drink and later breakfast—the early twentieth-century equivalent of waking up and doom scrolling through Instagram.

Alas, we couldn't all fit in the bed together, so we drank it in Vanilla's shoebox apartment in the McGill Ghetto.

9:00 AM. Drink number two: another scotch and soda, and we begin cooking breakfast.

While still in bed, Winston would have a full English breakfast every day, served on a unique silver tray with a round indent to fit perfectly on his single-bumped stomach. Quickly, it became evident that such an endeavour would be challenging for those cooking their own meals, as Winston enjoyed massive meals with many components facilitated by his army of servants.

While still in bed, Winston would have a full English breakfast every day, served on a unique silver tray with a round indent to fit perfectly on his single-bumped stomach. Quickly, it became evident that such an endeavour would be challenging for those cooking their own meals, as Winston enjoyed massive meals with many components facilitated by his army of servants.

Nevertheless, I managed to cook the group a proper English fry-up while dressed in my finest suit: two sunny-side-up eggs, toast, two Sausages, English bacon, Heinz tomato baked beans, sauteed mushrooms, and half a grilled tomato.

9:30 AM. Breakfast, accompanied by a glass of Bordeaux, now our third drink.

As we started eating, Vanilla's roommate woke up and walked into the kitchen to a bizarre scene, four people dressed in fine clothing, eating a sizable meal and drinking. The gargantuan breakfast started to make itself comfortable and heavy in our bodies. We realized that the food might be as big of a challenge as the drinking, but we powered through, not even finishing before the time of the next drink.

10:00 AM. Fourth drink, scotch and soda.

After finishing breakfast quite late, we have to meet our photographer. Our serious meeting was accompanied by our first cigar of the day. The pictures can speak for this time, so instead, let me ask something: how much did this man drink? And why did Winston drink so much?

As most records attest, Winston drank all day, nearly every day, for most of his recorded life, although he never seemed drunk. At 25, when he was sent as a press correspondent for the morning post to the front of the Second Boer War. He took with him 36 bottles of wine, 18 bottles of ten-year-old scotch, and 6 bottles of vintage brandy. For most of his career, he was synonymous as a public figure with drinking, specifically scotch.

As to the why of his drinking, there are many theories. He could simply have been a bon vivant, a man who enjoyed life to the fullest for its own sake, but I have my own theories. Winston, in his writings, often talked about his own struggles with depression, famously personifying depression as a black dog. The black dog he spoke of often followed great men who shared his disease, such as Samuel Johnson. The dog embodied the depressive episodes that would render him bedridden and “paralyzed by despair.” But even when the dog wasn't in sight, Winston was continuously aware of sheer despair. In his own words:

“I don't like standing near the edge of a platform when an express train is passing through. I like to stand back and, if possible, get a pillar between me and the train. I don't like to stand by the side of a ship and look down into the water. A second's action would end everything. A few drops of desperation.”

As such, his constant inebriation, gluttonous appetite, and famous disdain for effort could all be symptomatic of his condition. Self-medicating through food and drink, while still unable to wrangle to will to even stand up, if he could instead sit.

11:00 AM. Another scotch and soda, the fifth drink of the day, at Chocolate's apartment as we prepare for class and lunch.

We still felt so immensely bloated from the breakfast that we delayed lunch, unable to muster the will to eat. But, in our hubris, still not quite drunk, we decided to keep the drinking schedule.

12:00 AM. SIXTH DRINK, FIVE HUNDRED MILLILITRES OF CHAMPAGNE.

Winston would have at least a pint of champagne with every meal. Consistently large multi-course meals prepared by his loving cook Georgina Landemare, usually high French gastronomy. Georgina lived with the Churchills for her whole career, cooking every meal for Winston, even while he was Prime Minister. Winston always cared deeply for her. On the V-E day speech, he claimed to have turned to her and said: "I would not have managed through the war without your cooking."

This was the moment we truly began to feel buzzed, right as we finished the last glasses and realized we had to go to class. Chocolate leaves for his engineering lecture, and the rest of us make our way to philosophy class.

1:36 PM. Vanilla, Clementine, and I barge into class, dressed as we were. There was a small moment of confusion from all. Getting drunker by the second, champagne being absorbed by our bodies, we sit down and watch the lecture.

Vanilla texted us that he could not learn anything that the professor was saying. Clementine, on the other hand, despite being sober, texted me endlessly about how deeply she despised this lecture. And I was suddenly filled with an ungovernable sense of belligerence. When the professor made a petty remark about a philosopher I adored, my intoxicated state launched me into a discussion with him regarding a minute hermeneutic point on the nature of the late stoic's philosophy.

Typically I would have just sat in mild angst, but today, slightly drunk and dressed better than I ever do, I mustered the Dutch Courage to argue my point. Maybe there is something to his lifestyle after all.

Meanwhile, Chocolate is in a small lecture with overworked electrical engineering students. He tells me that although he did not retain anything from that lecture, he still felt a sense of immense superiority to the people around him. It seems like we were managing to channel what it's like to be a true aristocrat.

2:35 PM. I leave Vanilla and Clementine. They have an anthropology lecture, and I return home to cook one of Winston's favourite meals: traditional Indian food.

It is ironic to almost anyone from the subcontinent that Winston was a lover of their food, as he's often blamed for causing the 1943 Bengal famine in the British Raj.

Nevertheless, he adored curries, particularly those made in high-end restaurants popular during his time.

They were often cooked the traditional Indian way, far from today's English curry takeout, which is all too often chicken with sanitized, heavy, and tasteless orange sauces mainly composed of cream.

For the scientific accuracy of my experiment, I asked an Indian friend for a recipe his family cooked and followed it to the letter. One by one, my companions arrived and ate the spectacularly bizarre curry served with basmati.

Then our seventh drink of the day: Winston's digestif of choice, a glass (or two) of cognac.

Chocolate and Vanilla had one, and I had two.

Late in life, Winston decided to cut back on his drinking, so he changed one thing about his routine. He swapped this cognac digestif for grand mariner, dropping from 40% to 38% alcohol by volume.

4:00 PM to 8:00 PM. We had one scotch and soda an hour.

We intended to get work done, but it was a futile effort at this point. All we did was chat endlessly on the balcony of Chocolate's apartment and smoke cigars



“WINSTON'S LIFE

This is how I had imagined Winston's life as a journalist in his youth: getting drunk and chatting with friends, under the thinly disguised veil of writing an article. Chocolate had to leave us for some time, as he had lectures to attend, but he still brought his scotches and sodas in a water bottle to keep up the experience. Seemingly, Vanilla was the one most affected. Chocolate claimed to feel nothing—despite acting like a complete fool— and I, while definitely drunk, was still nowhere as sloshed as our Vanilla.

Winston had a wife whom he dearly loved. She was in every sense a life partner, accompanying him to most diplomatic meetings, aristocratic soirees, and Parliamentary round tables. Although Winston routinely drank as we are today, that was only the floor for his drunkenness. At events, he would drink much more, once even bringing FDR into one of his benders, causing FDR to sleep 10 hours a night for three days before recovering. A great lover of cocktails and fine wines, he would get ridiculously rowdy on his benders. When he inevitably entered a bender, it would fall onto his beloved Clementine to control, support, and advise him. She was to Winston his rock. Clementine tempered and controlled Vanilla, at several points holding him by his tie. And continued managing as we went to a “diplomatic dinner.”

8:15 PM. We have our second to last drink: 500 millilitres of champagne on our way to dinner at a restaurant.

As Vanilla became ever rowdier, I worried for him. More specifically, I worried that we would be kicked out of the restaurant. Winston was a great lover of going out to restaurants and hosting extravagant soirees where he would pay for many guests. Drink flowed like water, and bills would skyrocket. In the spirit of the Winston soirees, we met up with two other friends at Ye Old Orchard pub, a delightful Celtic pub serving British Isles food.



We had a pleasant dinner with them, although I had difficulty eating my Fish and Chips as eventually Vanilla escaped Clementine's grasp and sat on my lap, trying to talk to me about something.

10:15 PM. Our last drink of the day: sherry as a digestif. As each made their way home, Clementine dragging Vanilla to his apartment, we parted ways. The experience was over: we managed to live as he did and survive.

The following day my brain felt like I had forgotten it in my hoodie and put it in the washing machine. The prospect of doing it all again for the next seven decades of my life seemed impossible.

I, young and in good health, at 183cm and 92kg, could not keep up with an elderly middle-aged British man of 168cm. Vanilla faired even worse, not recalling the latter portion of the day. Chocolate did about as well as I did, although drank and smoked less.

Would I recommend you try this? Why not? If you can hold your liquor and recognize that I am not responsible for any harm you bring yourself, then go ahead. As for myself, I learned a lot. Dressing gentlemanly was half the reason I felt confident enough to do anything. The drunkenness helped for sure, but it excessively dulled my mind. While I don't think I'll be eating or drinking as much as Winston does, there was something nice about the lightly hedonistic lifestyle I led that day. Being a bon vivant, unbothered by much and taking great pleasure in a great many things, is something I shall strive towards. Who knows, maybe a glass of Cognac after a philosophy lecture wouldn't be so bad!

Godspeed and God save the King,

Crêpes...

the staple of a successful family and friend lunch in the coming of Spring. Any day of the year, whenever the irrepressible urge to ingest a Breton crêpe, I dose eggs, flour, milk, and butter before leaving the liquid mix on a thin round pan. Of course, I play around and flip it a couple of times to impress my Canadian and American friends (it's actually relatively easy). When both sides are cooked, I lower the temperature and deposit the balanced amount of butter and brown sugar on the burning beige surface of what is about to enter my mouth. Here it is, the classic French crepe syndrome which consists of believing that France, specifically Brittany, has the steadfast monopole on the cooking and perfecting of crepes. Crepes are present all over the world: perhaps not always as romanticized, they are used as bases in dishes, similar to bread.

The word crêpe is a Breton and French word with Latin origins. Most likely around the 13th century, France started using *crespe* (old French) to designate this modern-day pastry. Nonetheless, crepes or thin pancakes were present much earlier than in the 13th century. For instance, the South Indian *dosa* dates from the 1st century AD, although its appearance and recipe have evolved through time. Similarly, Judeo-Russian *blinis* have made their way through history and celebrate their 10th-century anniversary. Globally, researcher Jean-Louis Lambert concludes early signs of crepes date from 7,000 BC.

The French crepes owe their success to a Christianized pagan festivity. Forty days after the birth of Jesus, Christian Europe celebrates *Candlemas* or *la Chandeleur* (the feast of the candles). In the 5th century AD, pope Gelasius 1st is said to have handed out crepes to pilgrims on the day of *Candlemas*, symbolizing the sun and the coming of Spring. In modern-day Western Europe, the tradition of eating crepes on February 2nd has remained, regardless of religious beliefs.



ALONG THE LINES OF CRÊPES

TEXT BY AGATHE NOLLA

PICTURE BY MARGAUX THOMAS

ILLUSTRATIONS BY KELLY XIANG

CRÊPES RECIPE

BY SOPHIE BARACOS

French crêpes so good they will make you feel like you are in Paris

Ingredients:

- 1 cup of flour
- ½ L of milk
- 2 eggs
- 1 tablespoon of sunflower or peanut oil
- 1 teaspoon of orange blossom water
- 1 pinch of salt
- Some butter

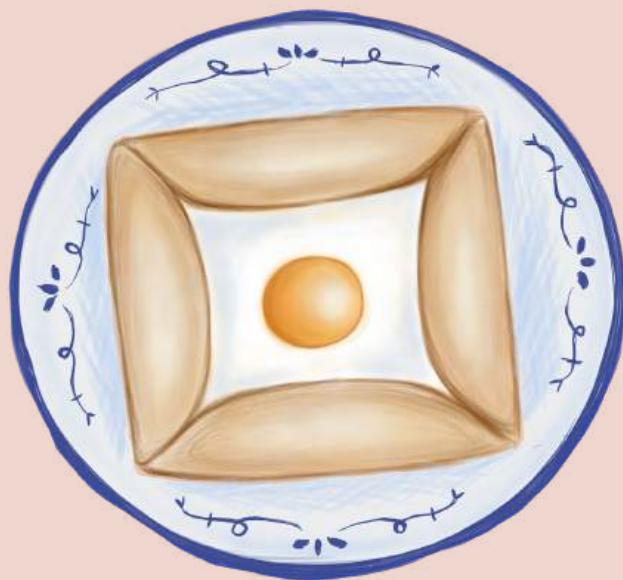


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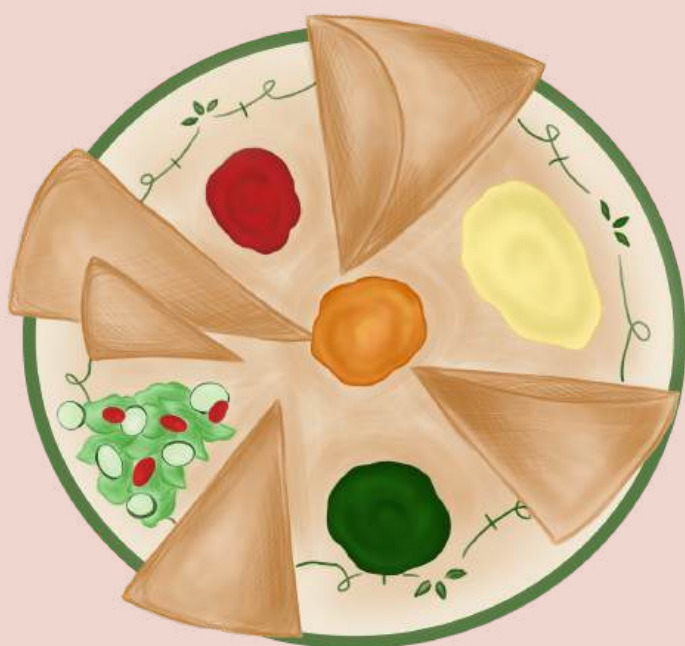
1. In a large bowl form a well with the flour. Crack the eggs into that well and add the oil, salt and a bit of milk. Mix the batter with a whisk and progressively add the rest milk and the orange blossom water. The dough should be liquidy and drip off your whisk.
2. Let the dough rest for 30min. After the rest time, if the batter feels thick, add a bit more milk to find the desired texture.
3. In a non-stick pan on medium-high put a little nub of butter and pour the equivalent of half a ladle of batter in the pan. Use the handle of the pan to spread evenly and thinly the batter in the pan. Flip the crêpe when it starts to look golden and does not stick. Cook the other side till golden as well. Approx. 3min per crepe.
4. Top your crepe with your favorite jam, Nutella, berries and enjoy !

The complète is Brittany's must-try dish: a buckwheat crepe with ham, cheese, and an egg. It's a full meal (une complète)! Buckwheat first arrived in France from Asia in the 13th century and played a crucial role in fighting famines, as crepe could easily replace bread. Initially, the dough was made of water, buckwheat flour, and salt, and after being cooked, one egg was added. Nonetheless, crepe recipes have become more generous as the dough is now additionally composed of milk, eggs, and rum or beer.

The complète

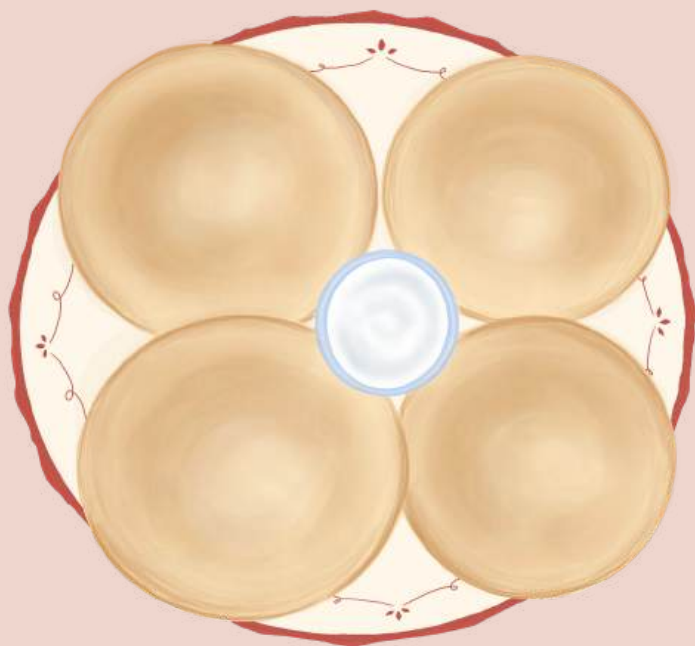


Northern African



In Northern African culture, a medium-sized spongy semolina-based pancake is a common breakfast dish. It carries different names depending on the region: the word “baghrir” is used in Arabic Algeria and Morocco. This delicacy has Berber origins, possibly from the Kabyles or the Amazigh. They are characterized by visible small holes appearing when cooked, allowing it to soak up added toppings such as sugar, honey, cheese, or amlu.

Injera



Injera is an Ethiopian and Eritrean sour fermented base food that can be used as flatbread or as crepe. Unlike the French crepe, it is made with teff flour, a lovegrass native to the Horn of Africa, and water. The batter is then fermented by yeast during two or three days allowing it to develop its sour taste. Teff flour based dishes have been the staple of Ethiopian alimentation for over 2,000 years. In Journal of Ethnic Foods, Satheesh Nela declares that injera cooking bans dating from 600 AD have been found in Eastern Africa. Injera is baked in a round pan, but only on one side, granting it its spongy texture on the upper part where one could hence place sauces and other ingredients.

Banh xèo

Banh xèo is a Vietnamese rice flour crepe fried in animal fat or vegetable oil, where it gets its name from the “sizzling crepe.” While frying, the chef will garnish it with local ingredients such as pork belly, shrimp, and soy sprouts. After two minutes of cooking, it is folded in half and served. Nowadays, banh xèo represents an essential part of street restaurants in Viet-Nam as it is quick, easy, filling, and cheap (under five CAD).



AROUND THE WORLD IN FOUR CAFES

A GLANCE AT
MONTREAL'S
INTERNATIONAL
COFFEE SCENE

TEXT BY SOPHIE MATTA
PHOTOGRAPHY BY LYSETTE UMWALLI



Caffetiera

2055 Rue Stanley

To step into Caffetiera is to travel through time and space in one fell swoop; out of the cold and bustle of Montreal's Golden Square Mile and into a classic Italian cafe. Though much of our readership was probably sipping on a bottle rather than coffee during the era that inspired this cafe, its appeal is still clear upon sitting down at Caffetiera. With its bright, colour-blocked interior, the cafe finds its inspiration in the vibrant Italian cafe scene of the ever-nostalgic 1990s. With wood panelling encircling the colourful space and generous, warm lighting from just about every angle, the cafe's flawlessly composed decor literally beckons you inside to enjoy similarly flawless Italian-style coffees.

When it comes to food and drink, Caffetiera's approach mirrors its interior: authenticity. With impeccably-roasted coffee beans, rows of beautifully-sugared bombolini donuts on proud display, and authentic Italian snacks and sandwiches to spare, you can eat just as you would on a lunch break in Milan. If you can't catch a flight to Italy, Caffetiera is surely one of the best alternatives while your feet are firmly planted in Montreal. And while their laptop ban may not make it the ideal place to hack away at that essay or cram for that rapidly approaching exam, it makes for the perfect place to enjoy some moments of peace away from the stress of work or school.

Cafe Aunja

1448 Rue Sherbrooke Ouest

A staple of downtown for nearly a decade, this beautiful Persian cafe can make just about anyone feel distinctly warm and cozy. Scattered around its cozy interior, Cafe Aunja is filled with beautiful Persian art and weavings that add pops of colour and brightness to the space. The cafe rocks a vintage aesthetic, with records lining the walls and countless games, books, and lovingly-arranged knickknacks scattered around to help you feel at home.

The cafe has a hearty selection of classic Persian breakfasts, along with a lovely array of traditional pastries and cakes. A particular highlight is the saffron cake, delicately topped with an impossibly-tiny dried rose and drizzled in a beautiful golden saffron syrup. Aunja has an admirable coffee selection (including a fantastic mocha), but it is a teahouse at heart.



A great pairing with any snack is Aunja's signature "Persian Fog," a Persian take on the classic London Fog tea latte. The drink trades the default vanilla flavouring for a delightful mixture of pistachio and saffron syrup with a layer of foamy steamed milk and crumbled pistachios, creating a masterpiece that is almost as good to admire as it is to taste. Cafe Aunja is the perfect place to come and catch up with a friend over a steaming pot of impeccably-brewed tea, or for those more unfortunate souls, to grind out the rest of that paper when you can't stand one more second in the drafty brutalist paradise we call McLennan.

Nous Sommes

180 Prince Arthur Street

A Korean-style cafe tucked into a cozy side street in the Plateau, Nous Sommes is serving some of the most unique concoctions in the city. The bright, minimalist interior allows their colourful lattes, teas, and baked goods to really shine. The space is almost entirely decorated and painted in a spotless, bright white and surrounded by large windows looking out onto Prince Arthur, creating a calming atmosphere to enjoy your drink or snack of choice.

Nous Sommes really gets creative when it comes to flavour. While they do have classic coffee and tea drinks for more unadventurous folks, their signature drinks are where they really shine. From dalgonia iced lattes (a definite standout) to matcha lemonade and fresh strawberry lattes, Nous Sommes has created a selection of drinks unique in even the cafe-obsessed Montreal. And if you're craving a bit of a snack, they extend similar creativity to their baked goods. Some particular highlights include their matcha white chocolate cookies and earl grey madeleines. A little self-bribery at Nous Sommes could be the perfect way to tempt yourself outside in the chill of a Montreal winter.

Cafe Chez Teta

227 Rue Rachel E

Cafe Chez Teta has proven itself one of the few truly good things to come out of 2020. Though it is certainly a recent player on the Montreal cafe scene, it has already made a name for itself with a combo of impeccable third-wave coffee and traditional Lebanese cuisine. The space has a distinctly modern feel, but the natural light that pours through the cafe's large windows and the warm burgundy and wood furnishings make it simultaneously homey and welcoming. The name itself, "Téta," actually translates to grandma or granny in Lebanese Arabic. The cafe evokes the nostalgia of the warm and comforting food made by family.

Chez Teta offers an array of traditional Lebanese foods including tabbouleh, hummus, baba ghanouj, fattouche and more. A particularly popular dish is their manoucheh, a Lebanese flatbread that can be topped with anything from the classic spice mixture za'atar to the more creative halloumi bacon, with six varieties available in total (all of which are, of course, lovingly baked in a wood-fired oven). They also offer Lebanese coffee--strong, for those unfamiliar--either regular or with cardamom. Their latte choices are minimal, but this decision allows them to make what they offer virtually perfect. There are two latte options: cardamom and halva (a fudge-like mixture of tahini, sugar, nuts, and spices). Whatever you may decide, you'll surely leave Cafe Chez Teta cozier, happier, and fuller than you entered it.

Whether you were born and raised in Montreal or you've been globe-trotting since before you could walk, these cafes can help you feel more at home in the hustle and bustle of life in the city. You can travel somewhere new (or familiar, of course) with each sip you take or bite you savour. So, next time you're craving a caffeine boost that's as unique as you are, be sure to check out one of these amazing places first!



STUFFED BELL PEPPERS

Stuffed bell peppers may only be one of many ways to combine peppers, onions, meat, cheese, and rice, but this recipe is undoubtedly one of the most flavourful and colourful methods! Stuffed peppers can be served as a whole, self-contained meal or accompanied by a colourful avocado and cherry tomato salad. In any case, they are sure to be delicious and appreciated by all. Stuffed peppers are also a highly versatile dish. They can be made vegetarian by replacing the meat with a substitute of your choice (black or pinto beans are a suitable replacement). Feel free to dig through the back of your fridge or cupboard in search of additional spices or vegetables, such as corn, mushrooms, zucchini or carrots! I encourage you to make this recipe your own, experiment with it and find what works best for you!

INGREDIENTS

- 4-6 large bell peppers: one per person, two if you're feeling extra hungry! Try to get roughly symmetrical peppers of the same size that can stand on their own for a more even cooking process
- 2-3 white or yellow onions, diced
- 1 large can of tomato sauce
- 1 ½ cups of rice
- Salt, pepper, and red pepper flakes to taste
- Ground beef or alternative
- Garlic cloves (or powder)
- Cooking oil
- Cheese of your choice, grated.

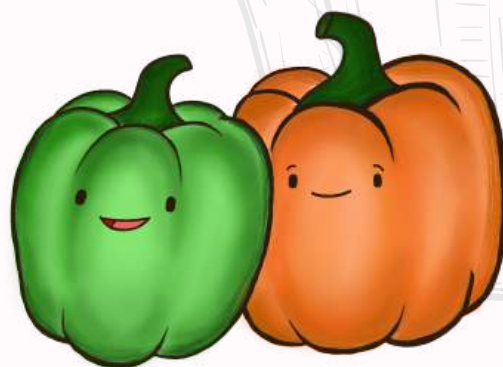
STEPS

Preparing the peppers:

- Cut off the tops of each pepper, remove the seeds, and rinse them. Optionally, cut the stem from the top of the peppers. You can put the tops back onto the peppers once they've been filled before going into the oven
- Place the peppers, hollowed-out part facing up, in a microwave-safe bowl and fill the bowl with a few centimetres of water, then microwave them for five minutes. This will begin cooking the peppers and reduce the amount of time they need in the oven.

Preparing the filling:

- Start by cooking the rice to your liking. This can be done in advance. Feel free to use leftover rice if you have enough.
- In a large pan, heat up a little bit of oil over medium-high heat, then cook the meat until browned evenly, around 7 to 10 minutes. While the meat is cooking, add your spices, along with salt and pepper and mix well. Make sure to break down clumps of meat into small chunks for a more homogeneous result.
- Once the meat is cooked through, put it all aside in a bowl. There should be no more chunks of meat in the pan. Leftover fat in the pan is fine and will add to the flavour, but chunks may burn.
- Lower the heat to medium and add the diced onions to the same pan. Let them sweat for five minutes before adding the garlic, finely minced or as a powder.



- Mix the onions and garlic and let them cook for another 30 seconds, or just until the garlic begins to brown (if minced), then pour in the canned tomato sauce along with your spice mix from earlier, though feel free to experiment!
- Bring the mixture to a bare simmer before adding the rice and the meat along with any accumulated juices, in the bowl. Mix everything together thoroughly.

Assembly and cooking:

- Once the mixture is evenly heated and you are satisfied with the taste and spices, arrange the bell peppers upright on a baking sheet. If your baking sheet doesn't have walls or if your peppers aren't stable, you may need to add oven-safe containers (metal or ceramic should be good (please double check!)) around the peppers to make sure they remain upright.
- Assemble by adding the filling to the bell peppers until they are full. Top them with a generous amount of grated cheese and optionally cover them with the stem-less tops (if you do this, feel free to add more cheese on top).
- Loosely cover the peppers with aluminum foil and carefully place the baking sheet in the oven. Let the peppers cook for around 30 minutes, then remove the foil and bake for another 20 minutes until the peppers are tender and soft to the touch.
- The exact time depends on the size of the peppers. A knife gently pressed on the peppers should easily pierce the flesh when ready.
- Enjoy!!!

COFFEE & CIGARETTES

The scent of Marlboros is carried somewhere on the autumn breeze, strong enough that it sticks to your skin like a perfume. The coffee is dull, and there's a dryness in my mouth as if my throat has been lined with drywall. Perhaps all the words left unsaid have returned with a vengeance.



Commitment to the life of a liar is a contradicting existence. You bend, twist, and turn like some child's slinky. Words slip down your throat with ease like oil, tasting like gasoline when you speak. The words hide behind your wisdom teeth, peeking and waiting for their turn to escape. I am nothing if not a machine. I need oil in my joints and maintenance every night. Touch is a foreign currency which I do not understand. The more I begin to comprehend my being, the less I understand those around me. People are cruel. The currency of touch and lies is the only way to get around. Understanding what you have to offer and consideration. At last agreement. My hands feel sticky with the weight of humidity in the air. There's a glint in the corner of my eye. Always there, the slight suggestion, the solution. Like the ghost that never left, the ashes kept in an unnamed urn, the silent rev of an expensive engine.

And I leave. I go out the door. I think everyone's worried. But the mist beckons, the lights cutting through like a handwritten invitation. There is mostly silence as I shut the door and gentle footsteps to the car.

"You're back."

"I never left."

"So you're stalking me now, is that it?" Maybe. Maybe I don't mind, as bad as that sounds. She doesn't reply but simply shifts her hand on the wheel to a more comfortable position. She doesn't look at me, and for a minute, I worry she's upset with me. But then I remember that the realm of emotions ceases to exist in this car, like suspended space. Nothing comes, and nothing goes on the road.

"So where are we going?"

She always carried a pack of Marlboros, and I still carry a lighter with me wherever I go.



HOW ARE YOU SURVIVING INFLATION?



1) I go grocery shopping...

- a. At Ségol's, whenever my schedule allows it
- b. On Mondays at Provigo
- c. Whatever night at Provigo
- d. No, I get my groceries delivered.

2) When grocery shopping...

- a. I steal dairy products.
- b. I buy everything in bulk and share it with my roommates and neighbours.
- c. I always look for no name products.
- d. I buy and get delivered my favourite products and brands.

3) For lunch...

- a. I help myself to my roommate's meal.
- b. I have cheap and processed noodles.
- c. I use the leftover points on my one card.
- d. I go to the restaurant of my choice.

4) I have a fancy dinner...

- a. Never.
- b. For Christmas, Thanksgiving, or religious festivities.
- c. Twice a week, at the receptions following the conferences sponsored by my Department.
- d. Every weekend, with my parents and their coworkers.

5) As prices rise,...

- a. I increasingly eat vegan and take advantage of resources offered by on- and off-campus associations, such as Midnight Kitchen.
- b. I prioritize home cooking and shared meals.
- c. I monitor my budget and help those in need.
- d. I have no reaction and stigmatize those in need.

Mostly a.: Inflation and price rise have taken a heavy toll on you. It has impacted your daily life. For you, it can represent a source of distress and anxiety. Don't be ashamed to look for and use as many resources as accessible.

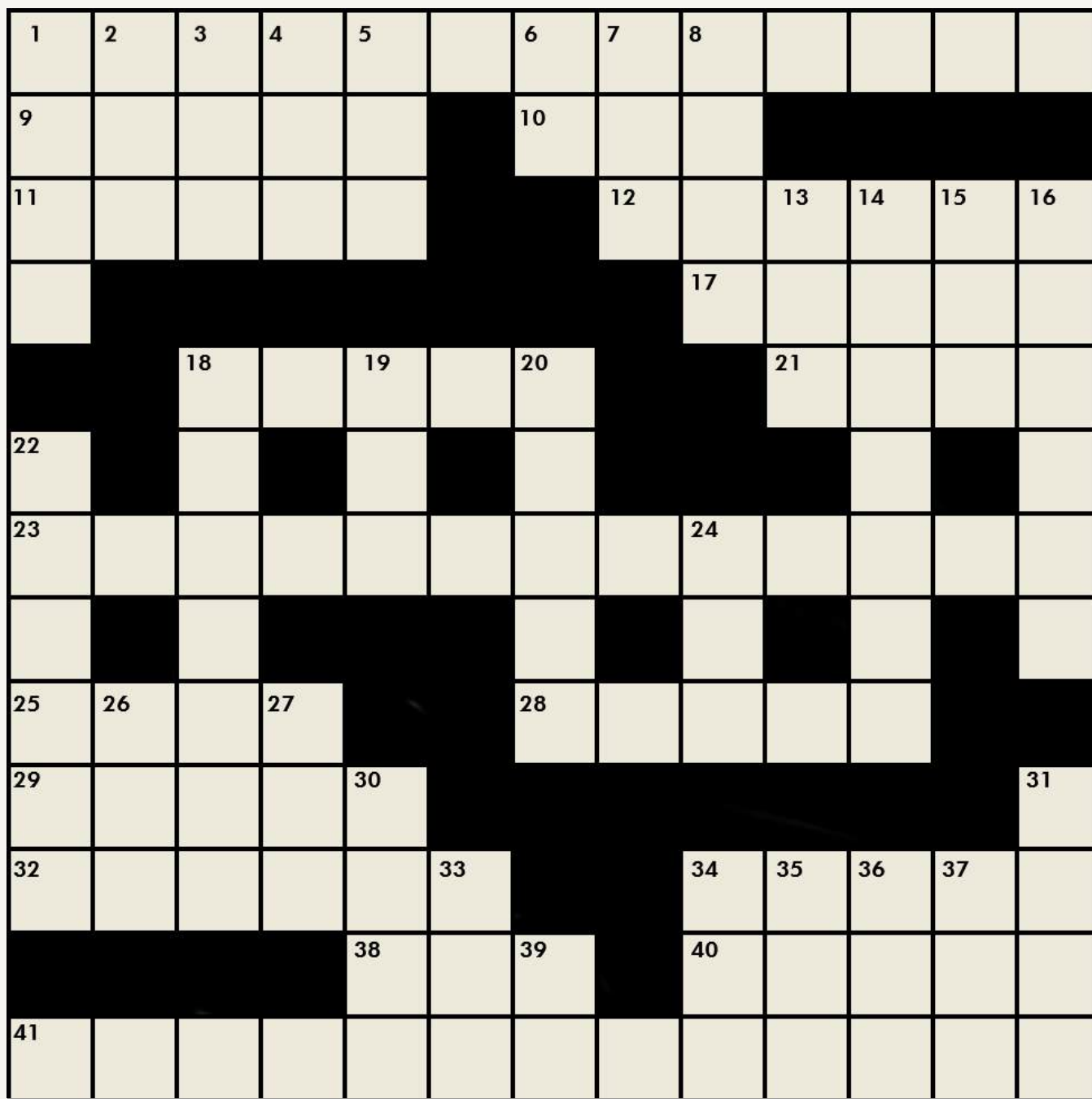
Mostly b.: You are careful with how you spend your money. You know many tricks against precariousness, such as shopping at the opportune time and buying in bulk. We hope you maintain stable and healthy eating habits.

Mostly c.: You have changed some of your shopping habits, but still enjoy delicious and expensive meals, from time to time. We encourage you to help others in every way you can. Solidarity is our best tool against student precariousness.

Mostly d.: You are greatly privileged. You are completely missing out on the worst part of the college experience. Sometimes, we envy your situation, but mainly, we would appreciate your help and support.

CROSSWORD

-BY JPV



DOWN

- 1- Act pertaining to the mouth, eating, drinking, etc.
- 2- Can be milked
- 3- Japanese for an occasion where one should dress and act properly
- 4- Norse goddess of the underworld
- 5- White fish
- 6- With 39 down, forms 30 down
- 7- French for low
- 8- Like a MILF, but for a faculty lecturer
- 13- Funder of yours truly
- 14- Type of wild meat
- 15- seeks to promote cooperation in the global grain trade
- 16- Undergraduate's fuel
- 17- Quebec specialty
- 19- Needed for frying
- 20- Shiny sauce
- 22 - Where "pastel de nata" and "paella" come from
- 24 - 1747 book : "the ____ of cookery made plain and easy"
- 26- Acronym, regulates regional wines and foods of France
- 27 - the egg of a louse or other parasitic insect
- 30- What a gym bro does on bicep day
- 31- Gen Z lingo " Don't ____ "
- 33- Evil, In french
- 34- Neither
- 35- Bitter beer
- 36- Only ingredient in a Churchill martini
- 37 - Physical display of affection
- 39- "Literally ____"

ACROSS

- 1- "Insta handle" for yours truly
- 9- Large colorful gems, OR has Gandhi's face
- 10 - Alt spelling, nationality who cooks Tom Yum Goong
- 11 - Ring shaped island
- 12- Gorbachev, Borscht & Perogies
- 17- What Mexicans use to grill
- 18 - Poky part of fork
- 21 - Pour quand tu ne veux pas prendre l'avion, en France
- 23 - Seafood Stew from Marseilles
- 25 - Frequent in south London, rare in south Libya
- 28 - I ate, she has _____
- 29 - Adjective, from Ancient Greek region of Anatolia OR Type of chemical bonding
- 32 - Vinegar, in Latin
- 34 - When do you eat dinner?
- 38 - Male Sheep
- 40- Poppies, but not for bagels
- 41 - Bitter citrus, named after a city in 22 down

The answers will be published on our Instagram page by the end of February: @onthetablemag

THANK YOU!!

Thank you all for making it to the end of the magazine. Our magazine's writing, printing, and distribution were made possible by ambitious students and generous funding from SSMU.

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The team hopes that Evelyne Eng, creator of the magazine, is proud of OnTheTable's third volume. We have done our best to bring our dish to the table!

We wish to continue publishing and displaying creative content about food and its corollaries. We sincerely thank SSMU for funding this project for the third semester in a row.



CALL FOR CALL FOR CONTRIBUTORS CONTRIBUTORS

Do you eat food?

Do you like food?

Do you find these mushrooms sexy?

We are looking for:

- writers
- editors
- artists
- photographers
- graphic and web designers
- recipe developers



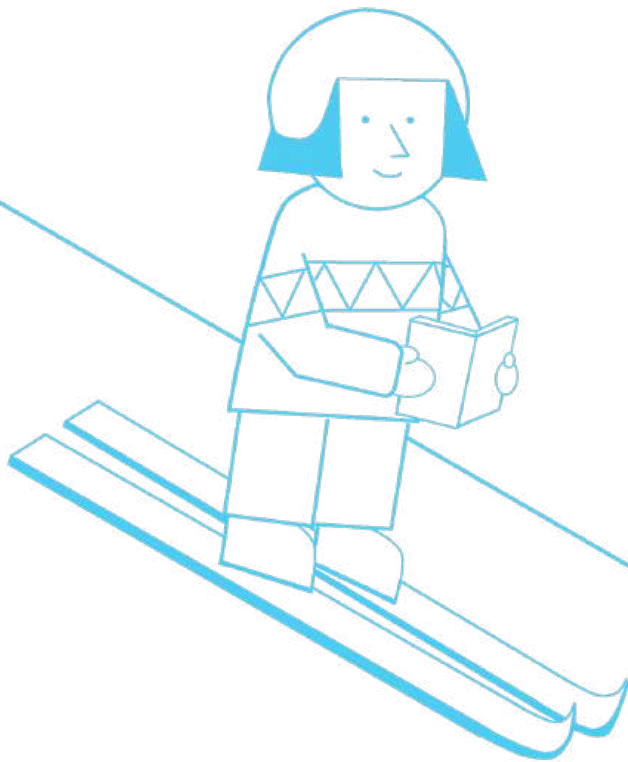
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Front cover photographed by Margaux Thomas
Back cover illustration by Kelly Xiang



Made with Love